

APRIL IS NATIONAL SOYFOODS MONTH

Quick 'n' Crispy Wontons

Recipes provided by...

Soybeans
Nebraska Soybean Board



Photo courtesy of University of Illinois
photographer David Riecks

Soybean Tip...
Soybean oil, also referred to as soyoil, is the natural oil extracted from whole soybeans.

INGREDIENTS...

- Soybean oil
- 4 oz. Asian-flavored tofu
(purchased or homemade)
- 1 can (14 oz.) Chinese stir fry vegetables,
drained
- 1 pkg (8 oz.) wonton wrappers
- Your favorite dipping sauce (optional)

Per 2 wonton serving:

Calories:.....	121
Total fat:.....	7 g
Saturated fat:.....	0.8 g
Cholesterol:.....	1.4 mg
Sodium:.....	149 mg
Carbohydrate:.....	11 g
Protein:.....	4 g
Soy Protein:.....	3 g
Dietary Fiber:.....	1 g

Heat 2" of soybean oil in a deep frying pan to 300°F. Coarsely mash tofu with a fork or chop into very small diced pieces. Chop canned vegetables to about 1/4" pieces and mix with the tofu. Working with one or two wonton wrappers at a time and keeping the others covered to prevent them from drying out, place 1 rounded teaspoon filling on center of each wrap. Moisten edges of each wrap with water; fold in half diagonally so opposite corners meet. Fold side corners towards center. Fry wontons for 2 1/2 minutes or until golden brown, turning once. Drain on paper towels. Serve warm with your favorite dipping sauce, if desired.

Yield: 2 dozen wontons

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